3: Leyburn Z-4, 5 (no date) 1966
SV3 Haiti SV3

2. *Health*

Historians who seek to explain the rise and fall of nations in terms of a single cause might do worse than hit upon health and disease as the all-important explanation. Unless spectacular epidemics have appeared in a country's history, the average person is rarely aware of how diet may affect a people, or of how backwardness in achievement is often directly related to disease. It may well be that the development of *medical* history will yet cause a radical revision of certain philosophies of history.

"The diet of the Haitian peasants has not improved since the slavery period," says Dr. Camille Lhérisson.[5] When people are hungry in Haiti, they eat (if they can find food) until their hunger has been appeased; but what they eat, though it may fill their stomachs, is often decidedly deficient in the proper nourishment. Mangoes, yams, and beans are common enough so that few people actually go hungry; eggs, milk, meat, and many other essentials of a balanced diet, on the contrary, are scarce. People do not die of hunger, but rather of the diseases which accompany malnutrition. It is said that many peasants allow the fires in their homes to die out when the mangoes begin to ripen, subsisting almost wholly upon this fruit for weeks. One sees nearly naked children whose distended bellies are testimony to faulty diet. There are frequent cases of geophagy (eating of dirt) both by children and by adults in their unreasoned craving for certain dietetic elements; one result of the practice is the swallowing of eggs and larvae of intestinal parasites.

Scientific progress in medicine during the nineteenth century and the first years of the twentieth passed Haiti by completely. There were during the whole history of the country until 1915 hardly a score of reputable physicians; even had there been doctors, hospital facilities and equipment were lacking. Dr. Robert P. Parsons describes Haiti in 1915 as "an unspeakable hotbed of diseases, ranking second to none in the world in downright rottenness." He further described the "mass of three million people, sick, suffering beyond all power of words to describe, crippled, and weakened from the ravages of a host of diseases (for the most part preventable and curable), pitifully helpless and hopelessly resigned to their lot."[6]

5. "Diseases of the Peasants of Haiti," *American Journal of Public Health*, XXV, No. 8 (August, 1935), 924.
6. *History of Haitian Medicine* (New York, 1930), pp. 4–5.

3: Leyburn Z-4, 5 (no date) 1966
SV3 Haiti SV3

Spring water in the country districts is frequently

polluted by all sorts of excreta; the watering of milk is a common practice, and samples of milk have been generally found to contain many times the normal amount of bacilli. The cases of tuberculosis are practically always complicated by malaria.

Dysentery, when caused by bacilli, is epidemic in nature. In Haiti this form, known as "colerin," annually affects about a quarter of the rural population. Another type, caused by a variety of amoeba, affects another ten or twenty per cent, according to the region. Enteritis is less serious than dysentery but just as prevalent, being caused by protozoa and intestinal worms. Poor diet, the abuse of alcohol, premature weaning, and unwise nursing are also responsible. Granular conjunctivitis affected sixteen per cent of the children examined by the Rockefeller Foundation.

Cancer seems to strike only a normal number of Haitians; goitre is common in the mountain districts; leprosy has become a menace in the West and South; elephantiasis is present, particularly in the South; gusarola (characterized by patches of skin assuming different color) is fairly common in the Cul-de-Sac plain; chicken pox, influenza, and meningitis epidemics are occasionally serious.

The health of the peasant women is seriously and continuously endangered by their mode of life and work. It is customary for females, from girlhood onward, to carry heavy burdens on their heads—over steep paths in the mountains, along rocky trails, up hill and down. The commonest sight in Haiti is to see a woman swinging along with a great load of fuel, a tin of water, a bundle of building material, a basket of fruit, on her head. Cranial bones are flattened, the spine is bent, internal organs are strained or damaged. For ill-nourished persons to carry heavy weights for long distances with little rest means undue pressure on the heart and lungs, and so an increasing tendency to cardiac and pulmonary infections as well as chronic anemia. Overwork frequently results in miscarriages.

As has been said, childbirth often occurs by the roadside, on the way to market, or in the market place. In no case can a peasant woman remain in bed for a proper period either before or after parturition. Midwives are untrained; they use primitive methods which inevitably result in defective development of infants, lessened resistance to disease, high infant mortality, and a prevalence of abdominal diseases in women. Pressure of work, whether in the field or on the way to market, makes a mother soon stop nursing her

3: Leyburn Z-4, 5 (no date) 1966
SV3 Haiti SV3

311 merly. Wherever the overcrowded Haitians have lived since 1815, there beauty has had to give way to gnawing necessity which lacked either the imagination or the means to be sightly.

105 One can stand upon a morne and watch a rain storm rush down the valley, bending the palm trees in its fury, and think Haiti still a magnificent sight. Then one must descend the mountainside past rickety shacks and rocky fields, and the feeling grows that not all the kindly simplicity of the people is enough to lift the country from its [134] dilapidation. As he nears the village, the afternoon scent of roasting coffee will delight him; but then he sees the squalor of village life and is reminded that three million souls are here trying to eke out an existence upon a small area of declining fertility.

Much in Haiti is picturesque if one can keep his mind from wandering to the conditions which lie behind the picturesqueness. [482] Women stride down from the hills with great loads on their heads; [443] aged crones, pipe in mouth, sit perched on the haunches of tiny donkeys with their bulging panniers; the great market square in the [492] town is a scene of noisy confusion with hundreds of women and [482] children, a mixture of smells, thousands of little piles of soap, candy, gewgaws, vegetables, gaping chickens tied together by the feet, [434] shirts, canes, bolts of cloth. All the weary women, however, must trudge back up to their shanties on the mountainside when the [146] market is over. Many of them do not see ten dollars in cash during the year, and their little children, with bellies bulging, give evidence [164] of undernourishment. Without doctors, without even the rudiments of hygiene, they manage somehow to subsist, or else die, frequently of disease which might easily have been prevented.

565 In Port-au-Prince and a few other towns live enough members of the élite to make one momentarily forget the plight of the masses. [342] The houses of the well-to-do are substantially built, if not often [351] attractive. Their garden walls are brilliant with bougainvillea, their walks with hibiscus. Tiny red lizards (analis) make flashes of color along the walls. On shady verandas and in the parlors one hears delightful conversation, eats excellent food, savors the pleasures of [575] civilization. The clubs of the élite are pleasing, their tennis is good, [526] their dancing graceful. To be among these families as a welcome guest is an experience in gracious hospitality which can never be [535] forgotten. Too soon, however, one must leave these havens of urbanity and pass through districts of the town which haunt the mind with their grim want.